

Housework

Information for patients and families

Page 1 of 2

Housework Tips



1. **Clean 1 room per day**



2. Leave **dishes** to **air dry**



3. **Family** can **help**



or consider a **cleaning service**



Energy Conversation after Stroke Housework

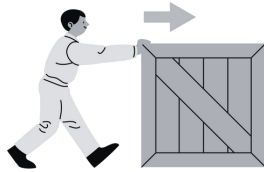
Information for patients and families

Page 2 or 2

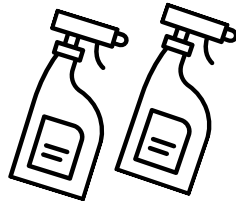
4. Make **1 side of the bed** at a time



5. **Slide** objects

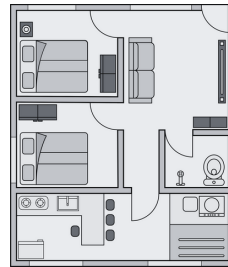


6. **Buy multiple items**



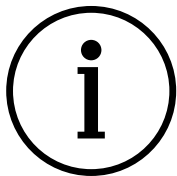
and put them in

different area/rooms of house



More information

Visit:



cesnstroke.ca/stroke-education-resources-for-patients/

